

ARMAGEDDON

Sport science

- physical preparation of the main characters in order to be ready to go into space
 - Talk about the component of a fitness train (specificity, accuracy, reliability, validity)
 - Evaluate the different exercises performed by the main character to go into space
 - Do the exercises follow the training program design ?
 - Does it possible that people can be prepared for a competition in less than 18 days ?
- stress in the missions
 - influence on the cardiovascular system ...
 - Talk about the sequence of excitation